

## PARENT CLASS: CHILDHOOD FEEDING DIFFICULTIES

### Children's Hospital Los Angeles Research Study

*Is your child a picky eater?*

*Does your child refuse certain foods?*

*Are mealtimes difficult and stressful for you?*

*Are you concerned about your child's feeding behaviors?*

Our research team has developed a class for caregivers of children with food allergy and/or gastrointestinal disorders who have concerns about their child's feeding. The class will provide information on child feeding behaviors and teach strategies to support positive feeding, optimize nutrition, and promote positive family mealtimes. We are studying whether participating in the class improves feeding behaviors and reduces stress for caregivers.

The class is led by a multidisciplinary team - composed of feeding therapists, registered dietitians, clinical psychologist and clinical social worker - all with experience in childhood feeding.

The study involves attending the 2-hour feeding class at Children's Hospital Los Angeles. Participants will be asked to complete questionnaires about their child's feeding difficulties and their feeding practices at the start of the class, and 30-90 days after attending the class. The follow-up questionnaires can be completed online, by mail, or by phone and do not require an in-person visit. Participants will receive a \$20 grocery gift card upon completion of the follow-up questionnaires.

We are looking for caregivers to participate. Participants must have a child with feeding difficulties under the age of 18 years, as well as food allergy and/or gastrointestinal disorder. Participants must speak English and/or Spanish. Children are not permitted to attend the class. Participation is completely voluntary.

**For more information or to volunteer for the study, please contact:**

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